

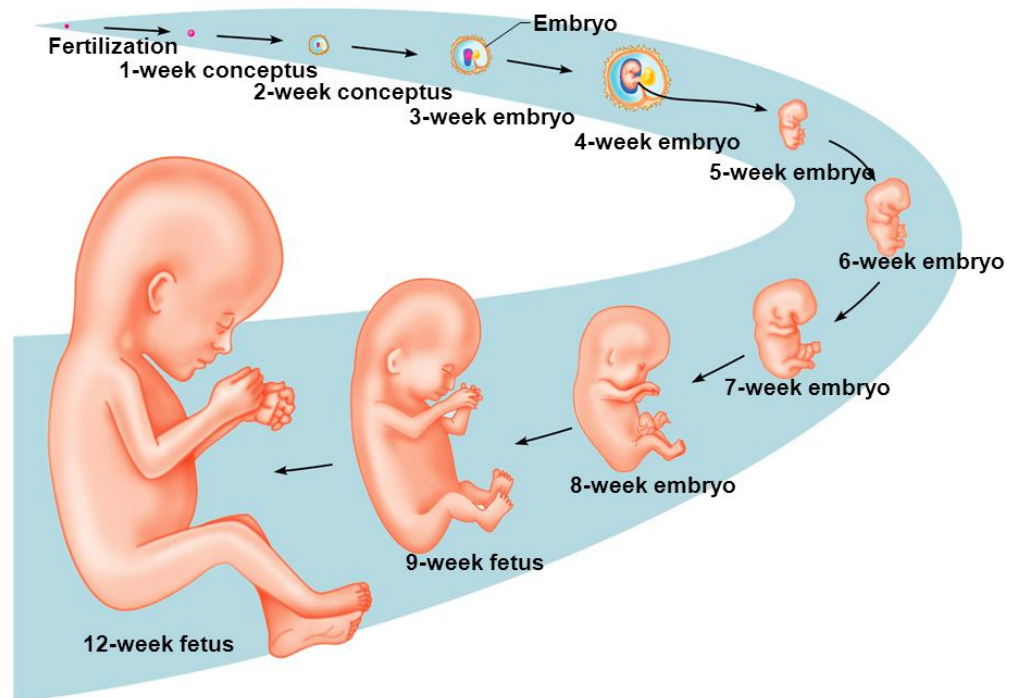
PREGNANCY

Unit 5
Miss. De Guzman

CONTRACEPTION & PREGNANCY

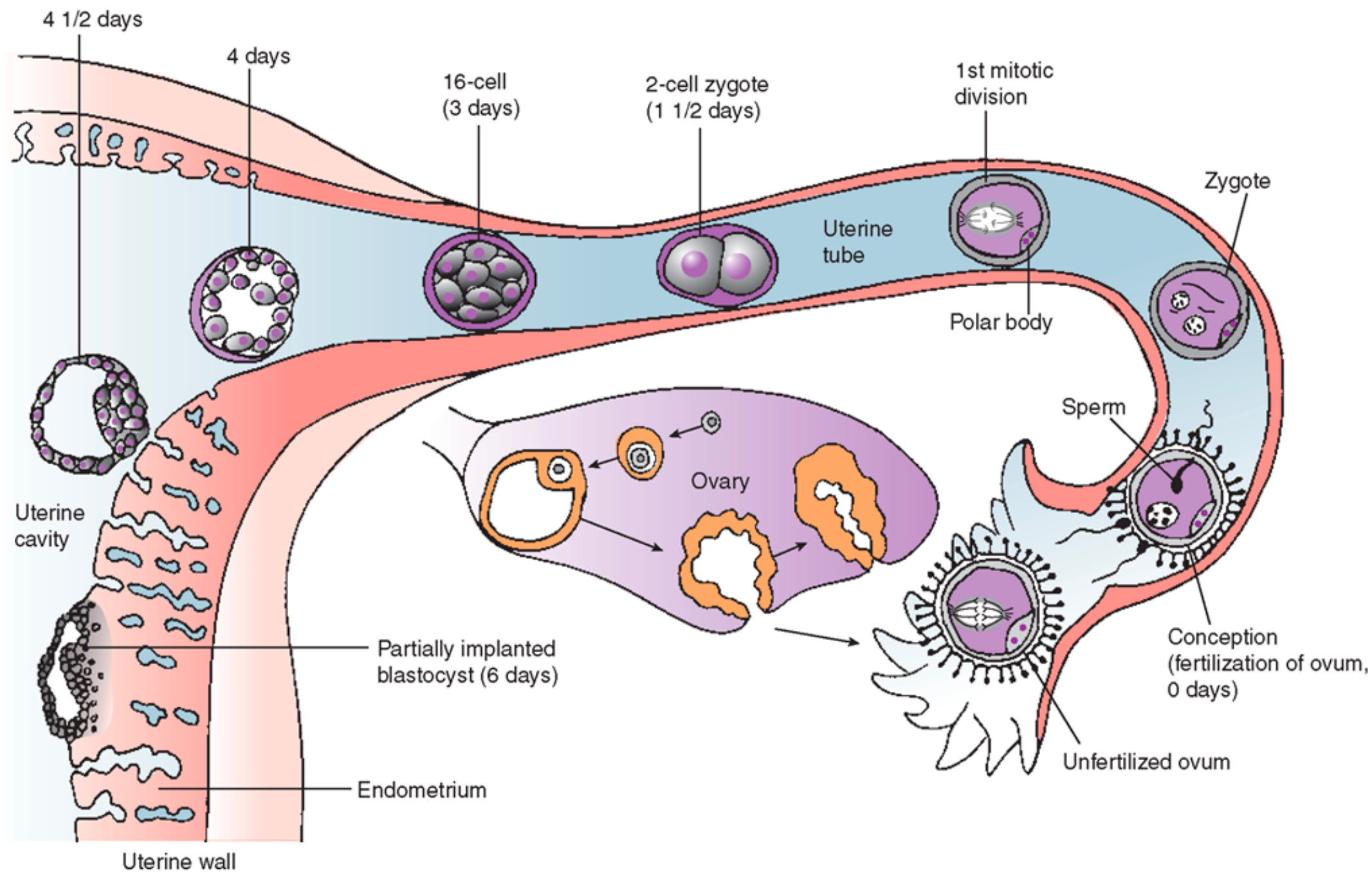
- **Conception/fertilization:** the union of an ovum & a sperm
- Typically occurs in the upper-third portion of the Fallopian tube

Diagrams showing the size of a human conceptus from fertilization to the early fetal stage



AFTER CONCEPTION...

- A fertilized ovum continues to divide & move through the Fallopian tube
- The cell divisions form a cluster of cells by the time they reach the uterus
- These cells attach to the endometrium
- **Embryo:** a developing baby through the 2nd month of growth after conception
- **Fetus:** a developing baby from the 9th week after conception until birth



PREGNANCY

- The outer cells of the embryo & the cells of the endometrium form the placenta
- **Placenta:** an organ that anchors the embryo to the uterus
 - Other cells form the umbilical cord
- **Umbilical cord:** a rope-like structure that connects the embryo to the placenta



HOW IS PREGNANCY DETERMINED?

- 1st sign – absence of menstrual period
- Other signs:
 - Excessive tenderness in the breasts
 - Fatigue
 - Change in appetite
 - Morning sickness
 - Spotting/irregular menstrual flow



DETECTING PREGNANCY

- Pregnancy test:
 - Detects a hormone that is present a few days after fertilization
 - Home pregnancy tests are not always reliable soon after a missed period
 - **ALWAYS CONFIRM A PREGNANCY WITH A PHYSICIAN OR NURSE**
 - 9 months – divided into trimesters



FIRST TRIMESTER

- Embryo has a heartbeat, a two-lobed brain, & a spinal cord

END OF 1ST MONTH

END OF 2ND MONTH

- Embryo is recognizable as a human & is called a **fetus**
- Embryo started to form arms, legs, fingers, ears, & toes
- Fetus can be visibly identified as a male or female

- Heart has four chambers

END OF 3RD MONTH

SECOND TRIMESTER

END OF 4TH MONTH

- Fingernails, toenails, eyebrows, & eyelashes have developed
- Teeth formation, lips appear, head hair begins to grow
- Movement of the fetus can be felt by the mother
- Fetus can bend its arms & make a fist

END OF 5TH MONTH

- Heartbeat can be detected by a stethoscope

THIRD TRIMESTER

- Premature babies typically occur in the 7th month
- Optimum development occurs at about 40 weeks
- **Premature birth:** when a baby is born before 37 weeks of pregnancy
- **Full-term:** a baby born between 38-40 weeks
 - Usually 19-21 inches long & weighs 6-9 lbs.



PRENATAL CARE

- Care given to the mother & baby before birth
- Includes:
 - Routine medical examinations
 - Proper nutrition
 - Reasonable exercise
 - Extra rest/relaxation
 - Childbirth & childbirth education
 - Drug avoidance

PRENATAL CARE

- **Low birth weight:** birth that is less than 5.5 lbs.
 - Premature birth & low birth weight are associated w/ mental disability & infant death
- **Why is important that a mother check with her physician before taking OTC drugs?**
 - Drugs present in the mother's bloodstream can pass into the developing baby's bloodstream & cause harm
- **Miscarriage:** natural ending of a pregnancy before a baby is developed enough to survive on its own outside of the mother's body
- **Stillbirth:** birth of a dead fetus

ABSTINENCE

PRACTICING ABSTINENCE FROM SEX

- **Affection:** fond or tender feeling that a person has toward another person
- **Respect:** high regard for someone or something
- **Abstinence from sex:** voluntarily choosing not to be sexually active
- Set limits
- Know your boundaries
- Maintain self-respect & self-worth